

EGGPLANT AND TOMATO PASTA

DIRECTIONS:

1. Bring a pot of water to a boil and cook pasta according to the package directions. Generously salt your water.
2. Heat olive oil in a large pan on medium-high heat. Add the eggplant and sprinkle them with salt. Let them cook for about 5 minutes. If the eggplant starts to look too dry, add a small amount of water.
3. Once the eggplant is a little brown on all sides, add the garlic and chili flakes and stir. Add the tomatoes and cook for about 15 minutes, stirring occasionally. Add half the cheese and basil.
4. Once the pasta is cooked, drain it and add it to the saucepan. Toss everything together. Add salt and pepper to taste.

Adapted from A SNAP Cookbook Good and Cheap, Leanne Brown. 2014

YOU WILL NEED:

- ½ lb. pasta
- 2 Tablespoons olive oil
- 1 large eggplant, cubed
- 2 cups tomatoes, diced
- ½ teaspoon basil or Italian seasoning
- ½ teaspoon chili flakes
- ¼ cup Romano or Parmesan, grated
- 4 cloves garlic, minced
- salt and pepper to taste



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